



Effective Health Care

Treatment of Adult Overweight and Obesity

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- In-process reports by the National Heart, Lung, and Blood Institute (NHLBI) and the National Institute for Health and Clinical Excellence (NICE) in the United Kingdom are underway that impact the timing for developing this topic. Therefore, treatment of adult overweight and obesity will be revisited in the future when more information about the scope and key questions of the in-process reports becomes available.

Topic Description

Nominator: Government agency

Nomination Summary: The nominator is interested in interventions for adult overweight and obesity including specific dietary strategies (with and without medication), behavioral treatment, and physical activity approaches. Clinicians are uncertain about the most effective treatment strategies to recommend for their overweight and obese adult patients.

Staff-Generated PICO

Population(s): Overweight and obese adults

Intervention(s): Diet (e.g., Atkins Diet, Zone Diet, Weight Watchers, Ornish Diet), exercise, behavior, pharmaceuticals, and combinations of these; intensity of intervention; setting, methods of delivery (e.g., individual, family, group), and type of practitioner

Comparator(s): Diet, exercise, behavior, pharmaceuticals, and combinations of these; intensity of intervention; setting, methods of delivery, and type of practitioner

Outcome(s): Weight loss, maintenance of weight loss, blood pressure, glucose level, cholesterol level, physical fitness, quality of life, emotional functioning, change in morbidity from selected conditions, reduced disability, reduced mortality

Key Questions from Nominator:

1. Which specific dietary strategies (with and without medication), behavioral treatment approaches, and physical activity approaches are effective for weight loss and maintenance?
2. In a direct comparison, which are most effective in helping overweight and obese adults lose weight and maintain weight loss?
3. Which specific dietary strategies (with and without medication), behavioral treatment approaches, and physical activity approaches are effective in improving physical fitness, quality of life, and emotional functioning?
4. In a direct comparison, which are most effective in improving physical fitness, quality of life, and emotional functioning?
5. Which specific dietary strategies (with and without medication), behavioral treatment

approaches, and physical activity approaches are effective for improving blood pressure, glucose level, cholesterol level?

6. In a direct comparison, which are most effective for improving blood pressure, glucose level, cholesterol level?
7. Which specific dietary strategies (with and without medication), behavioral treatment approaches, and physical activity approaches are effective for reduced morbidity from selected conditions, reduced disability, and reduced mortality?
8. In a direct comparison, which are most effective for reduced morbidity from selected conditions, reduced disability, and reduced mortality?
9. What, if any, are the harms of weight loss interventions (including, but not limited to, side effects of medication, harms associated with counseling, injuries due to physical activity, hypoglycemia, nutritional deficits, cardiovascular disease, bone mass loss, death)?

Considerations

- The topic meets all EHC Program criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- This topic may be impacted by the in-process efforts by the NHLBI and NICE to update their existing reports listed here:
 - National Heart, Lung, and Blood Institute, National Institutes of Health. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: the evidence report. 1998. http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.htm
 - National Institute for Health and Clinical Excellence, National Health Service. Obesity: the prevention, identification, assessment and management of overweight and obesity in adults and children. December 2006. <http://www.nice.org.uk/CG043fullguideline>
- The in-process updates may have significant overlap with this topic. Specific key questions and the scope for each are unknown at this time. When the scope and key questions or full reports are published, the topic will be revisited.